

**Family  
Letter**

**T**

Dear Family,

I'm Ms. T—tall teeth. Why, my teeth are so tall that I use 200 tubes of tasty toothpaste for each tall tooth! Do you think that's the truth?

Well, that may be a tall tale, but I do take terrifically good care of my tall teeth. I brush and floss my teeth, I eat healthful foods, and I go to the dentist twice a year. Here are some ideas for helping your child practice good dental health.

- ✓ Is your child brushing the proper way? Is brushing done both morning and night? Encourage your child to keep track of brushing by marking a calendar: After brushing in the morning, draw a sun; after brushing at night, draw a moon. That way your child can see that she/he has brushed at least twice a day.
- ✓ Teach your child how to floss teeth, as recommended by your dentist.
- ✓ Have your child examined regularly by a dentist. Prepare your child for the visit by reading a good children's book on the subject. Your local library can help with this.
- ✓ Help your child choose healthful snacks that contain little or no sugar, such as fruit or popcorn.

Sincerely,

**Ms. T**

